

Gluten-Free Product Prescribing – FAQs

- Since 1st December 2018 only certain gluten-free (GF) bread and mixes have been allowed on prescription in England.
- In NHS Kent and Medway **only bread and mixes** are allowed to be prescribed on FP10 prescription;
 - Bread includes fresh, long life and part-baked loaves and rolls.
 - Mixes include bread and flour mixes.

GF products should only be prescribed for the Advisory Committee on Borderline Substances (ACBS) indications for patients with a confirmed documented diagnosis. **Any prescribing not in line with an ACBS approved indication should be discontinued and patients should be advised to purchase until a confirmed diagnosis is given.**

Only patients who meet ACBS indications are entitled to Gluten-free foods on FP10 i.e.

- Gluten-sensitive enteropathies including steatorrhoea due to gluten sensitivity;
- Coeliac Disease; proven by biopsy;
- Dermatitis herpetiformis.

Patients with a confirmed diagnosis of phenylketonuria (PKU) will be allowed to be prescribed low protein food on prescription (which is not freely available at supermarkets).

What gluten-free foods can be prescribed on an NHS prescription in England?

Only bread and mixes are allowed to be prescribed on FP10 prescription. Bread includes fresh, long life and part-baked loaves and rolls. Mixes include bread and flour mixes.

Why are only bread and mixes allowed on an NHS prescription in England?

Prescribing certain GF bread and mixes which may be more expensive to buy in the supermarket, will ensure people receive a supply of staple foods funded by the NHS. This will contribute to reducing the cost of maintaining a GF diet. As a protein, gluten isn't essential to your diet and can be replaced by other foods.

Can other gluten free products be prescribed on an NHS Prescription?

No, examples of items **NOT** to be prescribed on NHS prescription (list not exhaustive). E.g Crackers, all biscuits, crisp bread, breakfast cereals, oats, pasta, pizza bases.

Why has West Kent changed its policy to allow bread and mixes prescribing?

Given the current cost of living crisis and reduced availability of fresh produce that could be accessed by these groups of patients, a review was undertaken into the inequity in prescribing policy across Kent and Medway. It was agreed at the ICB Integrated Medicines Optimisation

Committee to unify prescribing of Gluten-Free products (bread and flour mixes) as per NHS England recommendations and bring West Kent in alignment with other Health & Care Partnerships (HCPs) within Kent & Medway by allowing prescribing of bread and flour mixes only.

How much gluten-free bread and mix is available on prescription?

The actual amount of GF food you need each month depends on how much carbohydrate you eat from other sources, such as rice and potatoes. Coeliac UK has produced a guide to the amount (in units) of GF food needed each month, based on age and gender which can be found in the table below.

How can I help the NHS prevent waste and stop the prescribed gluten-free bread from going stale?

Collect your GF food prescription items promptly and do not order more than you need. Only order the amount of GF bread you can use and/or store before it goes out of date or stale. Fresh GF bread spoils rapidly if stored at room temperature, so freeze extra amounts straight away. GF mixes remain available on prescription, as they can be used to make GF bread at home. This is a cost-effective and palatable way of ensuring that fresh GF bread is readily available.

Quantities

Prescribed quantities should not exceed the minimum 'Prescribable Units' as defined and recommended by the Coeliac Society:

The National Prescribing Guidelines have been endorsed by the Primary Care Society for Gastroenterology (PCSG) and the British Dietetic Association (BDA). They recommend an individual's monthly allocation of units based on their age, gender and whether they are pregnant or breastfeeding. Units are also allocated to the different types of gluten-free staples.

- 1 x 400g = 1 Prescribable Unit
- 500g mix = 2 Prescribable Units

Monthly Prescribed Quantities recommended by the Coeliac Society

Age and sex	Monthly number of units	Example of prescription per month
Child under 10 years	8	2400g or 6x400g loaves of bread OR 12x200g bread rolls (6 units) + 500g of flour mix (2 units)
Child 11 – 18 years	12	3200g or 8x400g loaves of bread OR bread rolls (8 units) + 1000g of flour mix (4 units)
Female 19 years and older	8	4000g or 10x400g loaves of bread OR bread rolls (10 units) + 500g of flour mix (2 units)
Male 19 years and older	12	1600g or 4x400g loaves of bread OR 8x200g bread rolls (4 units) + 1000g of flour mix (4 units)

Breastfeeding and 3rd trimester pregnancy	Refer to National Prescribing Guidelines (Add 4 units for breastfeeding, add 1 unit for 3rd trimester pregnancy)	
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List of GF bread and mixes available on prescription

Brand	Name	Pack size	Units
Barkat	Barkat gluten-free all-purpose flour mix	500g	2
	Barkat gluten-free brown rice bread	500g	1
	Barkat gluten-free hi-fibre bread mix	500g	2
	Barkat gluten-free par-baked baguettes	200g	0.5
	Barkat gluten-free par-baked rolls	200g	0.5
	Barkat gluten-free par-baked white bread sliced	300g	0.75
	Barkat gluten-free wheat free multigrain rice bread	500g	1
	Barkat gluten-free white rice bread	500g	1
	Barkat gluten-free wholemeal sliced bread	500g	1
Ener-G	Ener-G gluten-free brown rice bread	474g	1.2
	Ener-G gluten-free dinner rolls	280g	0.7
	Ener-G gluten-free rice loaf	612g	1.5
	Ener-G gluten-free Seattle brown loaf	454g	1.1
	Ener-G gluten-free tapioca bread	480g	1.2
	Ener-G gluten-free white rice bread	474g	1.2
Finax	Finax gluten-free coarse flour mix	900g	3.6
	Finax gluten-free fibre bread mix	1000g	4
	Finax gluten-free flour mix	900g	3.6
Genius	Genius gluten-free brown sandwich bread sliced	535g	1.3
	Genius gluten-free seeded brown farmhouse loaf sliced	535g	1.3
	Genius gluten-free white sandwich bread sliced	535g	1.3
Glutafin	Glutafin gluten-free 4 white rolls	200g (4 rolls)	0.5
	Glutafin gluten-free baguettes	350g (2 baguettes)	1
	Glutafin gluten-free bread mix	500g	2
	Glutafin gluten-free fibre bread mix	500g	2
	Glutafin gluten-free fibre loaf sliced	300g	0.75
	Glutafin gluten-free high fibre loaf sliced	350g	1
	Glutafin gluten-free multipurpose white mix	500g	2
	Glutafin gluten-free part-baked 2 long white rolls	150g (2 rolls)	0.5
	Glutafin gluten-free part-baked 4 fibre rolls	200g (4 rolls)	0.5
	Glutafin gluten-free part-baked 4 white rolls	200g (4 rolls)	0.5

Brand	Name	Pack size	Units
	Glutafin gluten-free Select bread mix	500g	2
	Glutafin gluten-free Select fibre bread mix	500g	2
	Glutafin gluten-free Select fibre loaf sliced	8 x400g	8
	Glutafin gluten-free Select fresh brown loaf sliced	8 x400g	8
	Glutafin gluten-free Select fresh seeded loaf sliced	8 x400g	8
	Glutafin gluten-free Select fresh white loaf sliced	8x400g	8
	Glutafin gluten-free Select multipurpose fibre mix	500g	2
	Glutafin gluten-free Select multipurpose white mix	500g	2
	Glutafin gluten-free Select seeded loaf sliced	8 x400g	8
	Glutafin gluten-free Select white loaf sliced	8 x400g	8
	Glutafin gluten-free wheat-free fibre mix	500g	2
	Glutafin gluten-free white loaf sliced	300g	0.75
Just	Just: gluten-free good white bread sliced	2280g	5.7
	Just: gluten-free good white rolls	1560g	3.9
	Just: gluten-free white sandwich bread	3600g	9
Juvela	Juvela gluten-free bread rolls	2550g	6.4
	Juvela gluten-free fibre bread rolls	2550g	6.4
	Juvela gluten-free fibre loaf sliced	2400g	6
	Juvela gluten-free fibre loaf unsliced	2400g	6
	Juvela gluten-free fibre mix	6000g	24
	Juvela gluten-free fresh fibre loaf sliced	2400g	6
	Juvela gluten-free fresh fibre rolls	3400g	8.5
	Juvela gluten-free fresh white loaf sliced	2400g	6
	Juvela gluten-free fresh white rolls	3400g	8.5
	Juvela gluten-free harvest mix	6000g	24
	Juvela gluten-free loaf sliced	2400g	6
	Juvela gluten-free loaf unsliced	2400g	6
	Juvela gluten-free mix	6000g	24
	Juvela gluten-free part-baked fibre bread rolls	2250g	6.4
	Juvela gluten-free part-baked fibre loaf	2400g	6
	Juvela gluten-free part-baked loaf	2400g	6
Juvela gluten-free part-baked white bread rolls	2250g	6.4	
Lifestyle	Lifestyle gluten-free brown bread	400g	1
	Lifestyle gluten-free brown bread rolls	400g	1
	Lifestyle gluten-free high fibre bread rolls	400g	1
	Lifestyle gluten-free white bread rolls	400g	1
Mums Mill	Mums Mill gluten-free quick bread mix	3000g	12

Brand	Name	Pack size	Units
Proceli	Proceli basic mix	1000g	4
	Proceli gluten-free part-baked baguettes	250g	0.6
Tobia	Tobia Brown teff bread mix	1000g	4
	Tobia White teff bread mix	1000g	4
Tritamyl	Tritamyl gluten-free brown bread mix	1000g	4
	Tritamyl gluten-free flour mix	2000g	8
	Tritamyl gluten-free white bread mix	2000g	8
Warburtons	Warburtons gluten-free brown bread sliced	400g	1
	Warburtons gluten-free brown rolls	225g	0.5
	Warburtons gluten-free white bread sliced	400g	1
	Warburtons gluten-free white rolls	225g	0.5